



**RECREATION AUTHORITY OF ROSEVILLE-EASTPOINTE**

**18185 SYCAMORE, ROSEVILLE, MI 48066 586-777-7177**

**OFFICE HOURS: 8:30 A.M.—4:30 P.M. - MONDAY—FRIDAY**

**www.rare-mi.org**



# **SENIOR ACTIVITIES NEWSLETTER**

## **OCTOBER 2016**

**Mary L. Grant, Senior Director**

**Michelle Kauffold, Program Aide**

**Kim Steele, Office Support**

### **WELCOME MICHELLE!**

You may have seen a new friendly face helping out around the Senior Center during this past month. This lovely person is Michelle Kauffold and she has been hired as a Senior Center Program Aide. Michelle was born and raised in Roseville and taught music for 30+ years with Roseville Community Schools. Her love of playing the oboe has led her to teach private lessons along with being a member of the Grosse Pointe Symphony Orchestra and the Warren Concert Band. She retired in June of 2016 and was in search of a part-time job to fill up some of her free time. Voilà, she was a perfect fit for us. Michelle is also an avid golfer and reader.

When you meet her, please give her a warm Senior Center Welcome!



### **HALLOWEEN PARTY**

**Date:** Monday, October 31, 2016

**Time:** 11:30 a.m.—2:30 p.m.

**Cost:** \$12.00 Authority Member  
\$14.00 Non-Member



Join us if you dare, for a Halloween scare. All are welcome to join us for a “ghoulish” Halloween get-together, where you can eat, drink, and be SCARY! Ticket price includes croissant sandwiches, chicken noodle soup, dessert, beverages, games with prizes, door prizes, and a 50/50 raffle. Costumes or Halloween attire are encouraged. Space is limited, so sign up early. Tickets can be purchased thru Monday, October 24th or until filled. Transportation to this event will be provided by S.M.A.R.T. Call the Senior Office to set up a ride.

### **ANNUAL SENIOR CENTER HOLIDAY PARTY**

**Date:** Friday, December 16, 2016

**Time:** 11:00 a.m.—3:00 p.m.

**Location:** Eastpointe Manor (24611 Gratiot Avenue)

**Cost:** \$22.00 Authority Member  
\$25.00 Non-Member

***It's the most wonderful time of the year!***

Join us for a celebration of Christmas Cheer. This festive holiday event will include a fabulous meal with dessert, entertainment, Christmas Jingo, a photo with Santa, spectacular door prizes, and a 50/50 raffle. Tickets can be purchased thru Friday, December 2nd or until filled. Space is limited so sign up early! Transportation to this event will be provided by S.M.A.R.T. Call the Senior Office to set up a ride.

## **MARK YOUR CALENDAR**

### **COMPUTER ISSUES? ASK THE “COMPUTER TUTOR”!**

If you have a laptop or a desktop computer and would like to address a specific issue, you can sign up for a free half hour session with Nancy Hartwig. General questions regarding email, browsing the web, using search engines, best game sites, word processing, Microsoft Office applications, etc. are all welcome. The tutor will be available on Thursday, October 13th and Thursday, October 27th from 1:00 p.m.—3:00 p.m. Due to the popularity of this program, we will be limiting students to the number of sessions scheduled with the tutor.

Please sign up at the Senior Office.

### **FOOT DOCTORS**

Dr. Farrar is scheduled to be here on Friday, November 11th from 9:30 a.m.—11:00 a.m.  
Dr. Murphy is scheduled to be here on Wednesday, November 16th from 1:00 p.m.—2:00 p.m.

Both doctors are available to assist our seniors with their foot care needs. Appointments should be made in advance at the Senior Office. ***Please note: this is not a free screening.***

***You must bring your insurance and Medicare cards with you.***

### **AGING AND MEMORY SEMINAR**

Jessica and Cindy, who are researchers from the Wayne State University Institute for Gerontology, will be here on Wednesday, October 19th at 9:30 a.m. to discuss the cognitive changes that occur during normal and abnormal aging, with particular emphasis on memory. This presentation will address neurobiological and cognitive changes in older adulthood as well as memory promotion strategies. Those interested individuals with memory concerns can also learn about opportunities to participate in ongoing research projects.

Please register at the Senior Office.

### **L.B. WILLIAMS “GOURMET GUILD”**

The L. B. Williams Room is a student operated restaurant located in the Roseville Middle School. Professional food service is the central focus of their program. Students learn culinary arts, hospitality management, and food service sciences. The group is scheduled to meet for lunch at the restaurant on Friday, October 21st at 11:30 a.m. The cost is \$6.00 per person, includes gratuity. The outing helps the students and gives us an opportunity to enjoy a wonderful lunch at a reasonable price. Registration is a must and is taken at the Senior Office.

### **COLORING FOR ADULTS**

This quick-spread phenomenon is changing the perception that coloring books are only for children. It helps reduce stress levels, elevates focus and promotes a soothing, relaxing frame of mind and sense of well being. All you need is to pick the colors and draw within the lines. The results can be miraculous! All are welcome to join us on Monday, October 24th at 1:00 p.m. for a little coloring and refreshments. The cost for this activity is \$2.00 per person and includes supplies for coloring, a treat, and a raffle for an adult coloring book.

Please register in advance at the Senior Office.

### **BLOOD PRESSURE TESTING**

On Monday, October 24th from 12:00 p.m.—1:00 p.m. Sally and Rosa from Health Source Home Care, Inc. will be here to offer blood pressure testing. Please join us in the Conference Room for this FREE service.

## **JUST FOR FUN**

### **“PUMPKIN SPICE” BINGO**

Calling all Bingo lovers. All are welcome to join us for an afternoon of fun. All prizes will have the new trendy flavor of fall which is “Pumpkin Spice” There is a \$1.00 charge for this activity which takes place on Monday, October 10th at 1:00 p.m. So, join us and you could be the lucky winner of one of our many prizes!

### **LET’S PLAY CARDS**

If you like to play Rummy, please join us on Tuesday afternoons at 12:30 p.m. (*new time*) in the Activity Center. The group plays a version of crazy rummy, which incorporates a different wild card for each game. It’s fun to play and easy to learn.

Pinochle and Euchre players are welcome to join us for tournament play on Wednesday afternoons at 12:30 p.m. in the Multipurpose Room. We rotate each week between the two card games and the cost to play is \$2.00 per person which includes snacks and prize money. All sessions include a break for coffee and cookies and game play usually runs until 3:30 p.m.

### **SIT ‘N KNIT/CROCHET**

If you like to knit or crochet, our groups meet on Mondays and Tuesdays at 11:00 a.m. If you are just a beginner, we will teach you or if you need a refresher course, we can do that too.

Otherwise, simply work on your own project and enjoy the companionship of our group.

### **WII BOWLING**

Our Fall Session of bowling is off to a great start. We currently have 6 teams in our league, which is scheduled to run for twelve weeks. All are welcome to stop by and watch our bowlers in action in our Game Room. League standings will be posted on the bulletin board in the hallway, at the entrance to the multi-purpose room.

### **RED HAT NEWS**

All Red Hat “Chili” Peppers are invited to join us on Friday, October 21st for our trip to the Women Helping Women “2016” Luncheon and Expo at the Cherry Creek Golf Club in Shelby Township. We will enjoy a fabulous lunch and presentation on “The History of Fashion”, as well as a vendor show. Complete details can be found in your October Newsletter.

### **STROKE SUPPORT GROUP**

Our Stroke Club is a support group for stroke survivors and their caregivers. We meet every Thursday at 12:30 p.m. for fellowship, games, and snacks. Membership is only \$1.00 each week, unless we have a special event planned.

### **COMPUTER ROOM**

The Computer Room is open and available Monday – Friday from 8:30 a.m.—4:00 p.m. Please limit your sessions to approximately one hour with a maximum of three hours per day.

Please be advised that eating and drinking in the Computer Room is prohibited. There is a set fee of 25 cents per page (payable to the Senior Office) for all printed items.

# **HEALTH & FITNESS**

## **SHAPE—UP**

This fun one hour class combines chair fitness along with low impact aerobics. Join us for a great workout! The class is held on Mondays and Wednesdays at 10:30 a.m.

The cost per class is: Authority Members—\$1.00 and Non-Members—\$2.00.

***Please note: There will be no class on October 31st due to the Halloween Party.***

## **LINE DANCE**

Put on your dancing shoes and join us every Tuesday at 10:00 a.m. You will learn repetitive steps to a wide variety of music. The cost per class is: Authority Members—\$1.00 and Non-Members—\$2.00. All are welcome!

## **PICKLEBALL**

The Pickleball program is booming and better than ever, the small gym is available on Tuesdays and Thursdays from 1:00 p.m.—3:00 p.m. The fees are as follows: Authority Members—\$1.00 and Non-Members—\$2.00. Pickleball is a racquet sport that combines elements of badminton, tennis, and ping pong. All are invited to give it a try!

## **ZUMBA GOLD**

Enjoy the Latin rhythms and dance yourself into fitness with Zumba Gold! You'll experience dances such as: meringue, salsa, cumbia, hip-hop, and more. Class is every Thursday from 10:00 a.m.—11:00 a.m. The drop in fee is \$7.00 per class, or sign up for four classes for \$23.00 or eleven classes for \$60.00. Why not give it a try? Your first class is FREE!

## **WU STYLE TAI CHI DROP-IN**

Jim Kohler, our instructor, will be teaching class on Tuesdays from 12:30 p.m.—1:30 p.m. on a Drop-In basis. The class fee is \$5.00 per class for Authority Members and \$6.00 for Non-Members and is payable at the Senior Office. This Chinese soft style martial art concentrates on one's internal sensitivity, co-ordination, and focus. As you attend these classes, your circulation, balance, and respiration will all improve along with an enhanced flexibility. The class will be held in the Multi-Purpose Room.

## **CHAIR YOGA CLASS**

Chair Yoga classes are available on Fridays with our new instructor Michele. The current session began on Friday, September 9th and runs through Friday, October 28th. Classes will be held in the Multi-Purpose Room from 12:30 p.m.—1:30 p.m. The fees are as follows: Authority Members—\$40.00 and Non-Members—\$48.00 this is for 8 weeks. These classes enhance body and breathing awareness and will help you develop a state of mental calm.

## **FITNESS ROOM**

The facility is available Monday – Friday from 8:30 a.m. – 8:00 p.m. and on Saturdays and Sundays from 12:00 p.m. – 6:00 p.m. The fee for Roseville and Eastpointe residents 55 years or older is \$25.00 per year, \$35.00 for residents 14—55 years of age, and \$150.00 for non-residents. Registrations are taken at the Main Office and once you are registered you will be scheduled for an orientation at which time you will be given your ID card. Orientations are given Monday-Friday from 4:00 p.m.—7:30 p.m. and Saturday-Sunday from 12:00 p.m.—5:30 p.m. You must bring your ID card with you each time you work out.

# **TRAVEL OPPORTUNITIES**

## **TRAVERSE CITY WINE AND DINE**

**Date: October 11—13, 2016 (Tuesday—Thursday)**

### **ANN ARBOR ADVENTURE**

**Date: Tuesday, October 18, 2016**

**Authority Member: \$80.00    Non-Member: \$85.00**

**Departs: 7:45 a.m.    Returns: 5:45 p.m.**

Ann Arbor is a small town with big city sophistication. This exciting tour includes “The Big House” (Docent-led tour) with an opportunity to go on the field, in the locker room, and even the press box, lunch at the Gandy Dancer which is situated in the beautifully restored 1886 Michigan Central Depot, a guided tour of Ann Arbor, and time for shopping in Kerrytown, where the famous Zingerman’s Deli is located. You may register for this trip at the Sr. Office.

### **FIREKEEPERS CASINO**

**Date: Thursday, November 10, 2016**

**Authority Member: \$38.00    Non-Member: \$43.00**

**Departs: 9:00 a.m.    Returns: 6:30 p.m.**

Playing with fire is about to get way more fun! This exciting gambling trip takes you to Battle Creek’s newest gaming hotspot. Firekeeper’s Casino has over 2,680 of the latest slot machines and video poker games, 78 table games, and five sizzling restaurants for your dining pleasure. Casino package includes a \$20.00 slot credit and \$5.00 to be used for food, slot play, or gift shop. You may register for this trip at the Senior Office. Van transportation to the pick up point will be available from S.M.A.R.T. for \$1.00 each way.

Call the Senior Office to arrange a ride.

## **FOR YOUR INFORMATION**

### **PLANT EXCHANGE THANK YOU**

A very special thank you to Marilyn, Marge, Elfriede, Pat, Jean, Ilene, Bridget, Florence, and Gail who helped organize and run the Fall Plant & Produce Exchange. These lovely ladies raised \$172.00 for the Senior Center coffee fund.

### **FLU SHOT CLINIC**

**Date: Thursday, October 13, 2016**

**Time: 10:00 a.m.—1:00 p.m.**

**Cost: FREE with Medicaid/Medicare Part B  
or \$20.00 (cash or check)**

The Macomb County Health Department is holding a Flu Shot Clinic at the Senior Center on Thursday, October 13th from 10:00 a.m. to 1:00 p.m. If you have Medicaid/Medicare Part B, there is no cost for the shot. If you do not have Medicaid/Medicare Part B, the cost of the shot will be \$20.00 (cash or check). They are unable to process other forms of insurance.

Please be sure to bring your Medicaid/Medicare Card and ID.

# **FOR YOUR INFORMATION (continued)**

## **VETERANS SERVICES**

The process of finding, applying for, receiving, and maintaining veterans benefits can be confusing and frustrating. The goal of the Veterans Services Department is to provide outstanding service to the veterans and their families who reside in Macomb County.

John, our Advocate, will be available to assist those with questions on Wednesday, October 5th and Wednesday, October 19th from 9:00 a.m.—3:00 p.m. in the Conference Room. Please call the Senior Office if you would like to set up an appointment.

## **ASK-A-LAWYER**

Alyia M. Hakim, an attorney with Hakim & Hakim, PLLC, is scheduled to be here to offer free 20 minute legal consultations on Thursday, October 20th from 1:00 p.m.—3:00 p.m. She has been practicing law for 10 years focusing on estate planning, juvenile law, criminal defense, and family law. If you would like to schedule a free 20 minute appointment, please contact the Senior Office.

## **DIABETES PREVENTION PROGRAM**

Have you ever been told by a health care professional that you: are at risk for getting diabetes, have prediabetes, have borderline diabetes, have high blood sugar or glucose, or had gestational diabetes? If so, you can make a change for life! We will be offering a Diabetes Prevention Program here at the Center for those of you who are at risk. Registration begins on Wednesday, November 2nd at 10:00 a.m. in the Activity Center. Classes are held twice a month on Wednesday mornings from 10:00 a.m.—11:30 a.m. for the first six months, then once a month for an additional six months. There is no charge to participate in this program.

For further information, contact the Senior Office.

## **VETERANS SOUGHT TO PRESERVE THEIR STORIES**

The Veterans History Project, created by the U.S. Congress in 2000, collects and preserves the stories of American war veterans and the civilian workers who supported them. Catholic Charities of Southeast Michigan is proud to be a local partner of the Veterans History Project.

Veteran's interviews are videotaped. Copies are provided to the veteran, and sent to the Library of Congress. Photos and letters can also be archived. Many interviews are available to view at [www.loc.gov/vets](http://www.loc.gov/vets). For more information, please contact Anne Bartlett at 734-288-8680 or [VHPMacomb@gmail.com](mailto:VHPMacomb@gmail.com).

## **SENIOR VAN TRANSPORTATION**

Senior Van Transportation is available Monday—Friday from 8:30 a.m. to 3:30 p.m. The dispatchers will make reservations for Eastpointe and Roseville residents, on a first come, first serve basis. Rides must be scheduled in advance. The fee is \$1.00 per way. Vans will travel from 8 Mile to 15 Mile Roads and Jefferson to Hoover. For complete details, please contact the Senior Van Transportation lines Monday—Friday, 9:00 a.m. to 2:00 p.m.

Eastpointe residents should call 586-445-5085

Roseville residents should call 586-445-5482

# **DAILY HAPPENINGS**

**MORNING MILE:** Monday, Wednesday, and Friday from 9:00 a.m.—9:30 a.m.

It takes just a half hour to complete 2 miles and you are energized for the day.

So join us to “Walk Away the Pounds” with the Leslie Sansone DVD.

**DINING SENIOR STYLE:** The Senior Nutrition Program has two locations in our area to serve you. They are here in the Activity Center and at the Eastpointe Community Center located at 16435 East Eight Mile Road in Eastpointe. The MCCSA offers warm and delicious lunches which are served Monday through Friday at 11:30 a.m. A suggested cost-share donation is \$3.00.

**SENIOR DROP-IN ROOM:** All are welcome to stop in each and every day to play cards (Skip-Bo, Hand & Foot, Pinochle, Euchre), dominoes, fix the puzzle or read books/magazines. We are always in need of extra euchre players on Tuesdays and Fridays. The room is open everyday during regular business hours. Please stop in and join us!

**POOL/GAME ROOM:** Calling all pool players...If you enjoy playing 8 ball, 9 ball, or any style of pool, you are welcome to stop in, during business hours, and play a game or two.

## **PRIVATE CLUBS & ORGANIZATIONS**

**HI-STEPS:** We are an organization of seniors devoted to social interaction and physical fitness. You must be 55 years or older to participate. There is no charge for membership. We meet on Monday, Wednesday, and Friday in the large gym at the Recreation Authority building. Walking and/or floor exercise is from 9:30 a.m.—10:00 a.m. and exercise from 10:00 a.m.—10:30 a.m. Any questions, please contact Ruth Samuel at 313-460-8578.

**PRAYING HANDS:** Meets on the first Monday of every month from 10:00 a.m.—2:00 p.m. We have social time along with Dining Senior Style. We play bingo for a \$2.00 fee for non-cash prizes. Please come and join us! Any questions, please contact Linda Giles at 810-364-9782.

## **NEWSLETTER HOME DELIVERY**

To receive a copy of the Recreation Authority Senior Newsletter by mail, fill out the form below, and mail it with a check or money order payable to: R.A.R.E.

You will receive 12 issues for \$6.00. Mail this form with your payment to:

Recreation Authority Senior Center, 18185 Sycamore, Roseville, MI 48066

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### **NEWSLETTER SUBSCRIPTION**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_